

## Correspondence.

BROOKLYN, JUNE 18, 1888.

The last few hot days have had the effect of sending people to the sea shore, and as I went to Bath Beach with the rest, I thought I would tell my readers about it. This is among the most easily reached and most beautiful of our summer cooling places, a spot where the air is always pure and invigorating, and the ocean breezes are warranted to blow away every vestige of malaria. Hither hie the seekers for health from all parts of the country. Here hurries the man whose highest idea of a summer vacation consists in catching the nimble black fish and the plucky porpoise. Here comes the man whose pleasure lies in his yacht by day, and the right sort of a hostelry by night. Here are the ladies with bewildering toilet and the latest crochet pattern, and the girl in the flannel suit and "Tam-O-Shanter."

All these and more too are to be found at the Avon Beach Hotel at Bath, only thirty minutes from New York and Brooklyn, a place which must have been selected by the gods for rest and enjoyment. The business man who must be at his office certain hours of each day can go and come on a well-appointed road, and without fatigue or loss of time. In short he can make the trip from topnotch to paradise in half an hour. There are fifty trains a day, making Bath Beach easily accessible to people visiting New York, who wish to escape the heat of the city.

The Avon Beach hotel faces the ocean. Reflect upon the change a few moments have effected. From thundering noises, agonizing heat, dirt, dust, crowds that tear a man to pieces body and soul, and then—the everlasting sea. The Avon has one hundred and fifty rooms and a veranda promenade one-eighth of a mile around. The beach is fine and sandy and there is the best of surf and still-water bathing. One great charm of this place is its shade trees, something rarely to be found on the edge of the sea. Artists, amateur and professional, are already haunting this glorious spot, finding here abundant sketching opportunities. Here is the ubiquitous photographer, here "moonlight, music, love and flowers, especially love, for this endures at Bath Beach for the season, while moons come and go, and flowers drop and die."

I could not help asking myself what would become of the business interests of these great cities if there had not been brains to provide these restful, luxurious homes. At this leading summer hotel there are hopes every Saturday night, and a bill of fare for the dyspeptic as well as the epicure. There are row boats and a floating dock, and there is S. S. Morton, the proprietor, also of the Royal Victoria, Newark, N. J., whose name is a synonym for jolly good cheer. A lady at Bath Beach told me that she had been abroad every year since she was a little girl, and this was the first year that she had ever sailed about the bay and harbor of her native State. The Bay of Naples is no more beautiful. It seemed to me as I crossed the 39th St. Ferry the other evening that even the most enthusiastic traveler would be compelled to admit that there was no spot in all the earth more lovely. Moonlight and starlight shed their tender radiance upon land and water, while twinkling lights of every color darted about on the surface of the water, and the great cities on either side vied with each other in illuminated towers and electric display.

The ovation given to Miss Pond, who has just graduated from "Old Columbia" with the degree of Bachelor of Arts, is very pleasant to reflect upon. The young men graduates and all the rest cheered the plucky girl as she advanced to take her diploma. It was "Hail, Rah, Rah, C'om b' i a' three times three and over again. Miss Pond has shown herself a remarkable student, and her comrades are proud of her. Thank heaven, the time has gone by when brain is estimated by sex, and women can't be insulted or sneered at because of their determination to succeed in professions.

Mrs. Simonds writes from Auburn as follows: Please say to your readers that I think quicker results can be obtained from Carnick's Food in cases of great stomach irritability, by cooking it five minutes longer than the rule prescribes. I am sure the careful use of this food saved my baby's life last summer. Your advice about boiled water is excellent. Delighted children particularly should never be given water that has not been smartly boiled. I have all my drinking water boiled, tightly bottled, and cooled in the ice chest.

Here is another communication from a member of the Woman's Exchange, N. Y. She says, "I have just succeeded with an experiment which I think some of your people would be interested in. I have crocheted a beach hat out of Barbour's flax thread, unbleached, and it is a beauty. I shaped the crown over a tin pan which fitted my head, then made a wide brim. Then I stiffened and carefully pressed it, lining the brim with navy blue velvet to match my beach suit. The Barbour's thread is so smooth that there is not a rough place to be seen, and the hat is light, and exceedingly pretty. I have ordered for a half a dozen at the Exchange. ELEANOR KIRK.

Dangerous Food Adulteration  
THE FRAUDULENT USE OF ALUM AND LIME IN CHEAP BAKING POWDERS.

If consumers prefer to buy an adulterated article of food because it can be had at a lower price, they undoubtedly have the right to do so, provided the adulterants are not of a character injurious to health. If such articles are not falsely sold as pure, and the customer is not deceived as to their real character, the transaction is not illegitimate.

But the great danger in the traffic in adulterated food arises from the deception that is practised by manufacturers usually classing such goods as pure. This is almost invariably done when the adulterant is one that is injurious to health. For instance, manufacturers of alum and lime baking powders not only fail to inform the public of the real character of their goods, but carefully conceal the fact that they are made from these poisonous articles. Most of these manufacturers also claim that their articles are pure and wholesome, while some go still further and proclaim boldly that they are cream of tartar, goods, or even the genuine Royal Baking Powder itself. No consumer will buy alum baking powders knowingly, for it is well understood that they are detrimental to health. The sale of lime and alum baking powders as pure and wholesome articles is, therefore, criminal, and it is satisfactory to notice that several persons engaged in such sale have already been brought to justice in the courts.

The official analysts have recently been active in the pursuit of these dishonest practices.

The baking powders of several States have been carefully and critically examined.

The officials are surprised at the large amount of lime and alum found.

It is a suggestive fact that no baking powder except the Royal has been found to contain alum, and many contain both.

Dr. Price's baking powder has been found to contain nearly 12 per cent. of lime; Cleaveland's 11 per cent. of impurities; the phosphate powders over 12 per cent. of lime.

The chief service of lime is to add weight.

It is true that lime, when subjected to heat, gives off a vapor which is injurious to health, but a quicklime left to a crust of moist powerful nature. A small quantity of dry lime upon the tongue, or in the eye, produces painful effects; how much more serious must these effects be on the delicate membranes of the stomach, intestines and kidneys, more particularly of infants and children, and especially when the lime is taken in a system that after day and almost with ease, meal. This is said by physicians to be one of the causes of indigestion, dyspepsia, and those painful diseases of the kidneys now so prevalent.

Adulteration with lime is quite as much to be dreaded as with alum, which has heretofore received the most emphatic condemnation from all analysts, physicians and manufacturers, for the reason that while alum may be partially dissolved by the heat of baking it is impossible to destroy or change the nature of the lime so that the entire amount in the baking powder passes with all its injurious properties into the stomach.

These large proportions from the manufacturers of lime and alum baking powders have placed them in the market.

They are to be found in the stock of almost every retail dealer, and are urged upon customers calling for baking powders upon all occasions.

Because of their well-known detrimental character it is desirable that prompt measure be taken to suppress their manufacture.

For the sake of public health, it is better to call the cook in preparing perfect and wholesome food. While these are to be obtained of well-established reputation, like the Royal, of whose purity there has never been a question, it is proper to avoid all others.

STEPHENSON'S IDEA OF RAPID TRANSIT.

When Stephenson, the inventor of the locomotive engine, started out, he thought that an engine could not be run except by an expert machinist, one who understood the machine scientifically, and, at the same time, was a practical engineer, and could, if necessary, make little repairs on the road. He took his men from the machine shops. They worked all right, but were terribly aristocratic and worked with red gloves on, and could not get along with common workmen.

They could not be induced to wipe an engine or do any work but just the running of it. Pretty soon it seemed as if they owned the road.

Then Stephenson called his board of directors and said this would not do.

He said: "Let us train our own men. After a fireman had served for a few years he knows how to handle an engine. Let us put them on as engineers, and after they know that trade they will be useless for anything else; they cannot make their living any other way." And it is a fact. Outside of his engine this kind of practice has received the most helpless creature on earth. Stephenson's idea was carried out. But the legislature got weary. Parliament thought that it was not safe to trust that class of men with the running of engines and with the lives of their passengers. A committee was appointed and an investigation ordered. Stephenson, of course, was one of the witnesses before the committee. In his testimony he said: "Gentlemen, the matter is simply this. The public demands rapid transit. If I put a man on an engine to know how to run its workings he will refuse to work it, and enough to make the necessary time. He will not run the risks. We have to put men on who do not know the engine as thoroughly. They do not know the risks they run, and they will make the time required."—Chicago Times.

Method of "Jereed" Playing.

Sides are chosen by the leaders and lines marked out about a spear's throw apart. This distance varies with the size and strength of the players, thirty yards being a fair average. Each player has a blank wooden spear about the shape of a baseball, one not so small in proportion to the smaller end. It is played in such a way that when balanced on the finger and then passed it will not be held at the middle, but will point a little nearer the larger end. A Jereed player must possess skill in two ways—he must be able to hurl this spear far and true, and also to catch a spear, when thrown at him as it goes by.

This sounds more difficult than it really is. The player dodges as the spear approaches, so that it will shoot past his side—the right side, if possible—and then, as it passes him, he sweeps it in with his right hand and brings it down to the side, reversing it so as to throw it back again all in a moment. The object of the game is for one side to drive the other side back and occupy its line. But it is not so rough a game as this purpose would seem to imply. Not half so many accidents occur as in baseball, and it is not nearly so rough as football, since the object of the game can be attained very easily and quickly by throwing the spear over the head of your opponent; for then he has no time to pick up his spear, and that not only weakens the enemies' line, but gives them, for a time, one less spear thrower.—St. Nicholas.

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